



BONHOMME RICHARD'S ALMANAC

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"I have not yet begun to fight!"



CHANGES TO AFFECT SAILORS' PROMOTIONS

By Anthony Burgos

New changes to the Navy's view on college degrees and enlisted warfare qualifications will affect many Sailors up for promotion in September.

According to a message from the Chief of Naval Personnel, Vice Admiral Norbert Ryan, all Sailors taking the exam for advancement to petty officer first class and above must have an enlisted warfare qualification, if a program is available at their duty station.

Warfare qualification programs are designed to give Sailors a comprehensive knowledge of the combat capabilities of their ship, submarine, aircraft, or unit. The process involves months of studying, on the job training and testing.

The final hurdle of earning a warfare qualification wraps up when an evaluation team known as the "murder board" grills the Sailor on aspects of his or her training. If a Sailor passes the challenge, a special pin is worn on the uniform designating them as an integral part of the war-fighting team. A warfare pin is said to be one of the most important achievements for a Sailor.

Some of the warfare pins Sailors can earn are the enlisted special warfare insignia worn by Navy SEALs as well as insignias for aviation, surface and submarine

warfare.

In the past, enrollment in the warfare designation program was voluntary. Sailors who earned pins also gained the respect of their shipmates and an extra point on advancement exams. Now that the program is mandatory no additional point is awarded.

According to the Navy this
See **SAILOR'S PROMOTIONS** Page 3

FLOODING, FLOODING, FLOODING



The flying squad responded to flooding on the sixth deck of USS BONHOMME RICHARD (LHD 6) Saturday night after taps. The ship did not secure from flooding until just before midnight. (Photo by PH3 Daniel Jones.)

NATIONAL NEWS

FAIRNESS OF TEXAS EXECUTIONS DOUBTED

By Sara Rimer and Raymond Bonner

Gov. George W. Bush is certain that the 127 people who have been executed in Texas during his tenure were all guilty.

"I'm confident that every person that has been put to death in Texas, under my watch, has been guilty of the crime charged," Bush said on NBC in February. But here in Texas, some of the officials who administer the death penalty, reviewing the case records, considering inmates' appeals and weighing final pleas for clemency, are not so sanguine. These officials, who support Bush's presidential candidacy and believe in the death penalty, said that they believed Texas, which under Bush has executed more people than any other state, ran the risk of executing an innocent person.

Paddy Lann Burwell, a retired Exxon manager who was appointed by the governor two years ago to the Texas Board of Pardons and Paroles, voiced concerns about the fairness

of the state's judicial system. In particular, several cases in which he said prosecutors seemed more concerned with scoring victories, in the form of capital convictions, than with justice.

"I worry that we may execute an innocent person," Burwell said. "I think our system needs to be improved."

Another board member, Tom Moss, a retired federal parole officer, talked about his vote for clemency for Troy Farris, who was executed for killing a police officer. He said it was one of two cases in which he "saw something that may have indicated that they were innocent."

Board member Cynthia Tauss said she "cried all day" after Texas executed Farris. "I wasn't sure he should have been given the death penalty," she said. "That's why I voted to commute."

BONHOMME RICHARD'S ALMANAC

Capt. Robert J. Connelly, Commanding Officer

Lt. Cmdr. Laurie Rye, Public Affairs Officer

JOC (SW/AW) Stephen K. Robinson, Asst. Public Affairs Officer

JO1 (SW) Robert W. Garnand, Editor

JO3 Laura C. Wiggins, Staff Writer

Lt1 Jimmie Claspell, Print Shop

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* MONDAY'S SITE TV SCHEDULE *

CHANNEL 2

1030 WHEEL OF FORTUNE

1100 HOOSIERS

1630 WWF SUPERSTARS

1730 JEOPARDY

1800 PENSACOLA: WINGS OF GOLD

1900 WALKER, TEXAS RANGER

2000 THE FACULTY

2200 THE BIG SQUEEZE

CHANNEL 6

1030 DREW CAREY

1100 FATHER'S DAY

1630 THE WILD, WILD WEST

1820 KISSING A FOOL

2000 THE CORRUPTOR

2200 BRIDE OF CHUCKY

TV SCHEDULE SUBJECT TO CHANGE
DUE TO OPERATIONAL COMMITMENTS

NATIONAL/INTERNATIONAL NEWS

BIOENGINEERING CROPS FOR MEDICINES

By Andrew Pollack

Joe Williams, a Virginia tobacco farmer, has been forced to cut his production nearly in half over three years as people have kicked the habit. But he hopes that a small experimental plot, just planted, will help him stay on his farm. That tobacco has been genetically engineered to produce not cigarettes but pharmaceuticals.

"If we can actually find a medical use for tobacco that saves lives, what a turnaround for the much-maligned tobacco plant," said Christopher Cook, chief executive of ToBio, a company recently formed by Virginia tobacco farmers.

The production of drugs in genetically altered plants, called molecular farming or biopharming, seems poised to represent the next wave in agricultural biotechnology. But molecular farming is already raising safety and environmental concerns. Chief among them is that drugs may end up in the general food supply, either because crops or seeds are misrouted in processing or because pollen from a drug-containing crop fertilizes a nearby food crop.

About 20 companies are working on pharmaceuticals in plants, according to Bowditch Group, a Boston consulting firm. And there have been dozens of field tests like the one on Williams' farm, to see if products from hemoglobin to urokinase, a clot-dissolving drug, can be grown in crops like corn, tobacco or rice.

Proponents say that farming for pharmaceutical proteins would be far cheaper than producing these drugs in genetically modified mammalian cells grown in vats. As these crops

get closer to market, regulators now are trying to figure out how to ensure their safety and have begun to hold public hearings. Many fear existing rules fall far short of protecting the public from hazards still unknown.

21 ASIAN-AMERICANS HONORED

By New York Times

More than a half-century since they braved enemy fire after first enduring the contempt of their own countrymen, 21 Asian-American servicemen have been awarded the nation's highest military decoration, the Medal of Honor, for heroism during World War II. The medals will be presented by President Clinton at a White House ceremony scheduled for June 21.

SAILOR'S PROMOTIONS From Page 1 — change will make Sailors part of a war-fighting team instead of standing out as individuals. Petty Officer First Class Rich O'Connell, a career counselor at Sigonella, earned both a surface and air warfare designation. O'Connell agrees with dropping the advancement points but doesn't think a mandatory program promotes teamwork.

In the past, Sailors were awarded extra advancement points for earning college degrees. According to the new policy change, degree points were unfair because shore Sailors had a better chance at getting college credit than Sailors aboard a deployed ship. The Navy's new rule cuts out extra points for college degrees creating an equal playing field for all Sailors up for advancement.

SPORTS

FEDewa WINS SOMBER BUSCH 200 AUTO RACE

By Associated Press

Tim Fedewa outlasted a course-record nine cautions to win the Busch 200 at the New Hampshire International Speedway, a day after a crash in practice killed driver Adam Petty. Dick Trickle crashed and his car burst into flames in lap 194, bringing the field to a stop for 11 minutes, 38 seconds while the track was cleared.

Three laps were run under the yellow caution flag before Fedewa took the lead on the restart. "I had my eyes closed half the time," he said after claiming the winner's prize of \$42,060 and his fourth Busch series victory.

BASEBALL SCORES:

Detroit	6	NY Yankees	3
Cleveland	7	Kansas City	6
Boston	5	Baltimore	1
Florida	7	NY Mets	6
Cincinnati	8	Houston	7
Colorado	10	San Francisco	9

BASKETBALL SCORE:

Philadelphia	92	Indiana	90
(Indiana leads series 3-1)			

LOVE, HUSTON TIED BYRON NELSON

By Associated Press

Davis Love III lost his four-stroke lead and scrambled for a 1 over 71 to regain a share of the lead with John Huston in the Byron Nelson Classic. After struggling all day to gauge a strong wind, Love made birdie from the bunker on the par-5 16th hole and finished at 10 under 200 with Huston, who had a 3 under 67 on another tough day for scoring. Jesper Parnevik, trying to win for the second time this year, had a 68. Phil Mickelson also had a 68 and was at 206.

"I was just trying to get to the bottom of the racetrack." Fedewa took the checkered flag and yellow flags together, then dodged debris left by a crash between Michael Ritch and Jay Sauter in Turn 1. Jeff Green finished second, and Jason Keller third.

CONGRATULATIONS

Enlisted Aviation Warfare Specialist

ITC(SW) Faith Peerenboom

DCCS(SW) Ricky Mathis

OCS(SW) Samuel Vance (ACU-5)



Electrician's Mate Fireman Ignatius O'Reilly works on putting together a new type of relay operated battle lantern. The Lighting Shop is in the process of installing the lanterns with the current stock it has on board. The lanterns work off of one rechargeable battery. The lantern also contains a battery recharger. (Photo by JO1(SW) Robert W. Garnand.)

WHAT IS STRESS?

Stress is when life's demands seem too heavy. You feel anxious and tense and may be aware that your heart is beating faster.

A certain amount of stress in our lives is unavoidable and a little may even be good for us. Some people claim they can accomplish more if they have a work deadline. Too much stress, however, is harmful. Your body responds to stressful situations by raising your blood pressure and making your heart work harder. This is particularly dangerous if you already have heart or artery disease or high blood pressure. Stress is more likely to be harmful if you feel helpless to affect the problem or situation.

Your body reacts to stress in other ways, too. Symptoms like back pain, tiredness, headaches, muscle aches, heartburn, upset stomach, shortness of breath, high blood pressure, and weight gain or weight loss are often caused in part by stress. Many office visits to family doctors are for conditions related to stress.

How does it occur?

Anything you see as a problem can cause stress in you. Different factors may cause stress in other people. Stress can be caused just as easily by everyday matters as by major problems.

What are the symptoms?

Symptoms may include:

- difficulty sleeping, tiredness, aches, pains, heartburn, indigestion
- change in bowel and bladder habits
- anxiety, tension, depression
- increased use of cigarettes or alcohol.

How is it diagnosed?

Your doctor may recognize that stress is an underlying problem from your medical history and symptoms. For example, your blood pressure may be high. However, stress can cause common symptoms, such as headaches or digestive problems that have many possible causes. For this reason your doctor may ask whether your symptoms could be related to stress.

The diagnosis of stress-related illness is not a "rule out" process. That is, the doctor need not check out every other physical possibility before making the diagnosis of stress-related disease. Your doctor may give you a questionnaire to screen for anxiety and stress.

How is it treated?

Your doctor will treat any symptoms

the underlying stress is causing. He or she may also counsel you or refer you to a psychologist to talk to you about techniques to reduce stress in your life and to cope with stress that you can't avoid. Deep breathing, meditation, stretching your muscles, improving your diet, increasing your exercise and learning to relax can help you manage stress.

Exercise

Exercise relieves pent-up energy. It also increases fitness, which helps your body cope with stress. Take up a sport, join an exercise group, or walk at least a mile a day. Try to exercise with other people because social contact helps relieve stress, too.

Relaxation

Relaxation releases muscle tension and calms the mind. Sit comfortably and tighten each muscle in turn for a few seconds, then relax it. Either start with your head and work downward or start at your feet and work upward. Do this every day.

Other coping strategies

- Have a health checkup. The healthier your body, the better you can deal with stress.
- Follow your doctor's advice for reducing and coping with stress in your life.
- Follow your doctor's advice for treatment of any stress-related symptoms you have.
- Eat three or four small, nourishing, high-fiber meals a day.
- If you are overweight, talk to your doctor about weight control.
- Take time for yourself. Set aside time each day especially for exercise or relaxation.
- Take time out for relationships. Sit and talk with family and friends.
- Join an interest group centered on a hobby, sport, or social activity.
- Try to be prepared. Don't put things off and then have to struggle to catch up.
- Simplify your life. Don't try to do too much. Set goals you can achieve. Learn to say "no."
- Be willing to resolve disputes. Don't hold onto anger.
- Share your burdens. Just talking problems through will often resolve them.
- Don't worry about things you can't control.
- Don't roll all your troubles into one large, insoluble one. Break down the difficulties into the smallest parts, then work on the easiest part first. Build on success.

DID YOU KNOW THAT THE HEALTH PROMOTIONS DEPARTMENT OFFERS A STRESS MANAGEMENT WORKSHOP EVERY TUESDAY AT 1930 IN MEDICAL?

STOP USING TOBACCO!

Smoking or smokeless.

Tobacco Cessation classes and counseling is available for you. For more info, contact HM2 Price at extension 7720. There is a Tobacco cessation class every Wednesday at 1800 in Medical Department.

Cardio Kickboxing

Get your groove on the healthy way every Monday, Wednesday and Friday at 1900 in the Hangar Bay with instructor AMH2 Davis.

STRESS MANAGEMENT WORKSHOP

All hands are invited to attend this workshop every Tuesday at 1930 in Medical Department. The speaker for the workshop is Lt Rassner (BHR DOC).